

## **West Hartford Substance Abuse Prevention Commission (SAPC)**

### **Meeting Minutes**

**April 7, 2016**

**Attendees:** Jeff Bersin, Joanna Curry-Sartori, Leo Negron, Helen Drohan, Dave Pauluk, Grace Johnson, Jamahl Hines, Lori Warhol, 1 Conard student, 1 Hall student

### **Welcome / Introductions / Approve Minutes / Early Departures / Announcements/Refreshments**

Approve minutes- motion to approve

Send off minutes

### **Announcements:**

April 30 – Townwide Take Back Day. 10am – 2pm in parking lot at Police Station – Dropoff of prescription drugs for controlled disposal

### **General Discussion**

#### **Lead By Example (updates shared by 1 Hall student, 1 Conard student, and Dan Jordan, ICR)**

- They have had a new focus this year. Instead of specifically substance abuse prevention, they have focused on stress and its causes in general.
- They did a survey to explore how students have experienced stress throughout the year and why some turn to substance abuses.
- As a group they have done activities to map out stress and how it impacts them.
- They want to make another video like the one made by students a few years ago.
- They are planning an “LBE” day at the Underground to promote stress free activities.
- Hall- they gave out yellow tulips to random students. There were affirmations on the flowers. It was an effort to address the more upsetting incidence that had impacted the general feeling in the building. Also they wanted to boost student confidence.
- At Celebrate West Hartford, they hope to be showing their video at their booth.
- Dan Jordan has examined the survey results--- how the students are stressed, how they cope, social and academic stressors, concerns about their future. Top stressor- not enough sleep.
- DJ- One noteworthy observation is that student’s stress level goes up with age/ grade level.
- LBE day will be April 29.
- Re SAPC funding: they discussed \$ for the Celebrate West Hartford booth and merchandise-- such as stress balls, T shirts, and then food for their events.

#### **ID Cards**

- Last meeting David P took action point to look into what is currently on the back of high school student ID cards. He confirmed that they still include key numbers (e.g. 211) for students when in situations of crisis, etc.

#### **Bridge Family Center (updates on projects funded by SAPC presented by Joanna Curry-Sartori)**

- Tune into Life week coming up later in April including 5<sup>th</sup> grade poster project, firemen visiting 5<sup>th</sup> grade classes, and dance and sing along for senior citizens with Hall Jazz band.
- Every Family Newsletter--- Joanna writing one regarding parenting and technology and one on general parenting skills that also apply in situations related to substance abuse and prevention.

### Families Anonymous

- Parent, Lori Warhol, shared concerns of the severity of the drug epidemic and the lack of activity/ response in West Hartford. She described online groups where she has met other concerned parents and learned of forums and town discussions happening in other areas. She discussed her observation that little is publically happening in West Hartford. She shared that there is a group called “Families Anonymous” where family members of users/ addicts meet and support each other. She asked what we could do to get the message out, talk, etc.
- She suggested we bring someone from Rushford as a guest to speak at our meetings, Samuel Silverman.

### **New Business**

### **Adjourn**

The meeting adjourned at 6:30 PM.

Respectfully submitted,

Joanna Curry-Sartori, LMFT

April 2016

